



GrowingStronger's

Numerous Benefits

Increases Muscular Strength

Improves Core Fitness

Increases Stamina

Increases Endurance

Improves Balance

In Addition

Improves Socialization Skills

Improves Focus

Reduces Anxiety

Increases Self-Esteem

Improves Body Awareness

Improves Spatial Awareness

Improves Academic Achievement



Servicing the Following PA Counties:

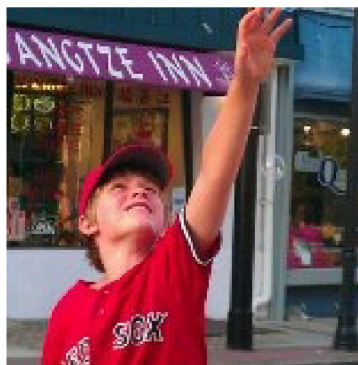
Delaware

Chester

Philadelphia

Montgomery

Bucks



GrowingStronger, LLC

**71 W Sproul Road
Springfield PA 19064
610-637-8059**

email:

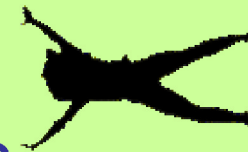
growingstronger@comcast.net

Website:

www.growingstronger.info



GrowingStronger



Exercise Conditioning for Kids With Special Needs

Welcome to GrowingStronger

Mission Statement

Our mission is to provide each child a safe, supportive environment and a challenging opportunity to

GrowStronger with exercise training and conditioning that promotes physical well-being, positive physical awareness and self confidence while emphasizing various fitness strategies that maximize the health of any child with special needs.

Special needs include, but not limited to:

ADD/ADHD

Autism/Aspergers

Behavioral Challenges

Cardiovascular Disease

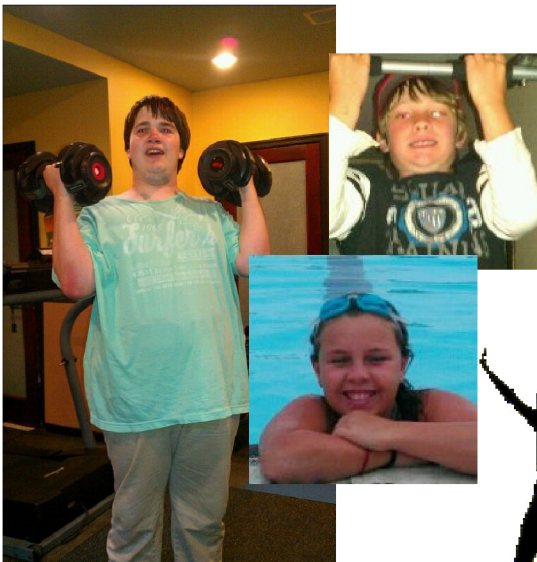
Congenital Heart Disease

Chronic Conditions

Childhood Cancers

Weight Management

"Not all kids with special needs require or qualify for physical therapy or occupational therapy. But what they do need is to live a healthy life, have a fit future and an opportunity to **grow stronger** everyday."



Services Provided

- ♦ In-your-home exercise program
- ♦ Individual Fitness Assessment
- ♦ Small Group Program Planning
- ♦ Fitness Consultations which include Individualized Exercise Prescription
- ♦ Nutritional Consultations with Dietitian
- ♦ IEP/School Recommendations

Programming will be tailored to your child's individual needs, and based on recommendations that come from their medical specialist.

About the Program Director

Annie Linton, M.Ed

is a Masters level **Clinical Exercise Physiologist** with over 20+ years of pediatric cardiac exercise testing experience, in addition, to working with children with a wide variety of special needs. She is a personal trainer, adjunct professor in exercise science and writes a weekly column about health and fitness for the Delaware County Springfield Press. Her passion is to give all kids the opportunity to participate in a healthy lifestyle.



For more info:

email: growingstronger@comcast.net

phone: 610-637-8059

Website: www.growingstronger.info

